



Office of Employee Wellness

(855) 897-9822

WellnessNews@
cdcr.ca.gov

CDCR Resources

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www.cdcr.ca.gov/Wellness/index.html



Your local Peer Support Program (PSP) Team

Local Peer Support Teams consist of custody and non-custody staff at each institution and parole office. The PSP team members are trained in providing peer support and resources to ensure the overall health and well being of staff. PSP teams have helped many CDCR employees and their families get through traumatic events that have taken place at work.

Visit the PSP site at: <http://www.cdcr.ca.gov/Wellness/psp.html>

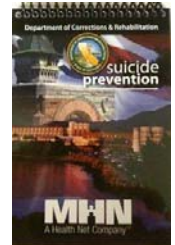
Military Peer Support Program

PSP team members who are veterans provide information, support, and resources to employees and their families during pre-deployment and post-deployment to military duty.

Suicide Prevention Program

PSP team members are trained in providing support, intervention and appropriate resources. Suicide prevention pocket guides were distributed to CDCR employees statewide to ensure staff awareness of the program and resources available to them.

- Employee Assistance Program (866) 327-4762
- National Suicide Prevention Hotline (800) 273-8255
- Friends for Survival (Suicide) (916) 392-0664
- Office of Employee Wellness (855) 897-9822
- Alcohol and Drug Programs (800) 879-2772 or www.adp.ca.gov



Employee Assistance Program (EAP)

EAP is a service designed to help you manage life's challenges. They will help customize EAP solutions by understanding your unique needs and offer the appropriate assistance or referrals. The following services are available to you thru EAP:

- Resources for Relocation
- Financial Services
- Legal Services
- Childcare and Eldercare Assistance
- Stress and Anxiety
- Clinical Counseling
- Domestic Violence
- Daily Living Services

Call EAP at **1-866-327-4762** (Available 24 hours a day, 7 days a week)

Or visit: www.eap4soc.mhn.com (and register with access code: **soc**)

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